

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 05 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for several communities. The cases reflect dates from November 13, 2020 to November 26, 2020. The advisory will be in effect until the risk and cases decline.

The following communities are identified as uncontrolled spread of COVID-19:

Alamo	Lake Valley*	Round Rock
Aneth	Leupp	San Juan*
Baca/Prewitt	Lukachukai	Sanostee
Bird Springs	Lupton	Sheepsprings
Bodaway/Gap	Manuelito*	Shiprock
Bread Springs	Many Farms	Smith Lake
Cameron	Mexican Springs*	St. Michaels
Casamero Lake	Nageezi*	Standing Rock
Chichiltah	Nahatadziil	Tachee/Blue Gap
Chinle	Naschitti	Teec Nos Pos
Churchrock	Nazlini*	Teesto
Coalmine Mesa*	Nenahnezad*	Thoreau
Coppermine*	Newcomb*	Tohajiilee
Coyote Canyon	Oak Springs	Tohatchi
Crownpoint	Ojo Encino*	Tolani Lake
Dennehotso*	Oljato*	Tonalea
Dilkon	Pinedale	Tsaile/Wheatfields
Ganado	Pinon	Tsayatoh
Hogback*	Pueblo Pintado	Tselani/Cottonwood
Houck	Ramah*	Tuba City
Indian Wells	Red Lake*	Twin Lakes
Iyanbito	Red Valley*	Two Grey Hills*
Jeddito	Rock Point	Upper Fruitland
Kaibeto	Rock Springs	White Cone
Kayenta	Rough Rock	White Horse Lake*

* Chapters added in the new 14-day period (compared to the previous 14-day period Nov. 6 to Nov. 19)

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness

- Older Adults
- Cancer
- Chronic kidney disease
- Chronic obstructive pulmonary disease
- Heart conditions
- Immunocompromised state
- Obesity and severe obesity
- Pregnancy
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Might be at Increased Risk for Severe Illness

- Asthma
- Cerebrovascular disease
- Cystic fibrosis
- Hypertension or high blood pressure
- Immunocompromised state
- Neurologic conditions, such as dementia
- Liver disease
- Overweight
- Pulmonary fibrosis
- Thalassemia
- Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Wear a mask in the public.
- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website:

<http://www.ndoh.navajo-nsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.